AMENDMENTS TO THE CLAIMS

On page 10, line 1, under the heading "CLAIMS" please insert --What is claimed is:--

Please amend the claims as follows:

1. (Currently Amended) A shower head comprising a mouth piece [[(1)]] including a middle axial through channel [[(8)]] fro flow through of water, a rotationally symmetrical deflection element [[(6)]] for the water being near the external outlet of the channel, which mouth piece [[(1)]] is connected to a holder [[(2)]] through which the water is fed, while the deflection element [[(6)]] is held by a stem [[(3)]] which with radial clearance projects axially in the channel, and is surrounded by a conical surface [[(7)]], the mouth piece [[(1)]] limiting a cavity [[(9)]] around and axially outside the deflection element [[(6)]], the conical surface [[(7)]] projecting convergently outwardly, the stem [[(3)]] being secured in an insert [[(16)]] mounted in the holder [[(2)]], which insert [[(16)]] having at least one through opening [[(23)]] fro leading the water to the channel [[(8)]],

   characterized by the insert [[(16)]] forming a regulator ~~(11, 21, 23)~~ for causing an approximately constant amount of water per time unit to flow through at variations of water pressure, and which in a per se known manner comprises a ring member with axial grooves [[(11)]] against which an O-ring is in contact, the O-ring being influenced by the water pressure and successively is pressed into the grooves at increasing water pressures.

2. (Currently Amended) A [[S]]shower head according to claim 1, in which the regulator ~~(11, 21, 23)~~ comprises a hollow pin to which one end of the stem [[(3)]] is fixed.

3. (Currently Amended) A [[S]]shower head according to claim 1, in which the O-ring [[(21)]] is radially inside or outside the grooves [[(11)]].

4. (Currently Amended) A [[S]]shower head according to claim 1, in which the stem [[(3)]] is conical at least in the portion being furthest away from the deflection element [[(6)]], whereby the surface of the stem [[(3)]] converges towards the deflection element [[(6)]], and whereby the flow area for the water between the stem [[(3)]] and the mouth piece [[(1)]] is altered by axial movement of the mouth piece [[(1)]] relatively to the holder [[(2)]].